

South Bay Cities Council of Governments

Services for Seniors Working Group

March 20, 2014 meeting minutes

Attendees: Greg Grammer, Asst City Manager, City of RHE; Britt Huff, Councilwoman, RHE and Exec Dir, H.E.L.P.; Cindy Snodgrass, City of Torrance; Amanda Valorosi, Coordinator for Homebound Seniors, City of Carson; Virginia Brown, City of Carson; Kathy Walker, Project Director, City of Gardena; Rob Blee, PVECares, City of Palos Verdes Estates; Serena Ward, Supervisor, Harbor Districts, City of Los Angeles Parks and Recreation; Marsha Enriquez, City of Redondo Beach; Eve Kelso, City of Manhattan Beach; Lisa Santora, MD, Beach Cities Health District and Jacki Bacharach, Steve Lantz & Grace Farwell-Granger, SBCCOG;

- I. Welcome and Self Introductions
 - a. Introductions were made with brief descriptions of programs
- II. Discussion of Services in the South Bay and where there are gaps
 - a. City of RHE
 - i. No senior center or senior services dept.
 - b. City of Torrance
 - i. 3 senior sites
 - c. City of Carson
 - i. Recreation programs
 - ii. Stroke center
 - iii. Meals on Wheels
 - iv. Birthday calls
 - v. Volunteer training
 - d. City of Gardena
 - i. Case management
 - ii. 4 nutritional meals sites
 - iii. Adult day care/Alzheimer's day care
 - iv. Recreation/education/fitness programs
 - v. Transportation offered through City's transportation dept
 1. door to door
 - vi. Call seniors in home
 1. down to 2 people
 - vii. Building 4th senior housing building
 - viii. In-home assistance
 1. registry for caregivers
 2. emergency services
 3. police department has a call out list
 - ix. Some programs funded through general fund
 - x. Provide services for Lawndale

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1. case management - Lawndale pays
2. Congregate meals – County funding
- e. City of Palos Verdes Estates
 - i. PVE Cares – city pays for this program
 - ii. 5 events per year
 1. Sing-a-long
 2. Senior prom at PV Golf Club
 3. Health fair (Oct)
 4. Doctors talk at PV Golf Club
 5. Works with churches for events
 - iii. Provide information and referral
 - iv. Seniors sign up and join – PVE Cares keeps emergency contact, MD, other medical information on file
 - v. Transportation – top priority
- f. City of Los Angeles Parks and Recreation
 - i. San Pedro to Watts
 - ii. Lunch program
 - iii. Recreation programs
- g. City of Redondo Beach
 - i. 3 senior centers
 - ii. ~125 recreational activities
- h. City of Manhattan Beach
 - i. Older Adults Program
 1. New programs
 2. Growing
 - ii. Dial-a-Ride transportation
 1. 3 vans
 2. 15 staff
 3. 25 years – same driver
 - iii. Volunteers
 - iv. No senior center; use shared areas
- i. Beach Cities Health District
 - i. Deliver preventive services
 - ii. 7 social workers
 - iii. Serve residents of beach cities: Redondo Beach, Hermosa Beach, Manhattan Beach
 - iv. Subsidizes some services (needs-based)
- j. South Bay Seniors Services – lost funding
 - i. Previously provided the following services:
 1. Assessments and recommendations on mental health, living alone, in-home registry, case management

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2. Background checks – volunteers, paid workers
3. Volunteer training
4. Birthday call
- k. LA County Area Agency on Aging Knowledge Fairs
 1. 4 times per year
 2. Senior Center Directors
- l. Safety and security issues
 - i. Living in homes alone; accident waiting to happen
 - ii. Registry programs important but very labor intensive. Gardena and Carson have stopped.
 - iii. Develop an awareness campaign
 1. HOAs
 2. Neighborhood watch programs – tie in with CERT & Fire Departments
 3. Rely on neighbors
 4. Scams – Torrance – Seniors Don't Be Scammed program once/year. Police Department video on AB 109 with burglaries rising
 5. California Dept of Insurance Personal Planning Guide (passed around)
 - a. File for life to Put on refrigerator (vial for in refrigerator with same info) Includes:
 - Medical, emergency contact and other important info
 - Download insert
 - Include photo
- m. Transportation issues
 - i. Volunteer transportation program that helps seniors get to doctors' appointments, markets, etc
 1. Volunteer stays with senior
 2. Paid for mileage and stipend
 3. Liability?
 4. Vehicle/insurance
 - ii. UBER/Lyft
 1. Technology-enabled private sector services
 2. Peer to peer car sharing
 - iii. ITN America/ITN Greater LA (Center for Health Aging)
 1. Door through door transportation
 2. Currently operating in Brentwood, Culver City, Mar Vista, Pacific Palisades, Palms, Santa Monica, Venice, West Los Angeles
 3. Annual membership fee (\$50 indiv/\$70 family)
 - iv. WISE in Santa Monica
 1. Create a volunteer pool with 1 full time staff
 2. Donate care; points for rides
 3. Volunteer earns points; bank hours and car

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- v. S.T.R.I.D.E. (LA County Community and Senior Services) – Specialized Transportation Resources and Information for the Disabled and Elderly
 - 1. LA County CSS issued RFP
 - 2. Door to door; door through door
 - 3. Supervisorial districts
 - 4. State pulled back money
 - 5. Proposal for District 4
 - 6. LACRC received grant to provide services
 - a. Senior Taxi Program
 - n. Other topics to discuss
 - i. Housing
 - 1. Shared housing
 - 2. Affordable housing
 - 3. What’s available in the South Bay?
 - ii. In-home care
 - iii. Senior pets
 - 1. What happens to the pet(s) when senior goes to the hospital?
 - iv. Information was distributed by attendees to share programs and services
- III. Action Items
- a. Eve and Lisa research Orange County Programs, ITN
 - b. Kathy – to send STRIDE RFP and information re: when the next RFP is expected to be out to SBCCOG for sharing with the group and discussion
 - c. Lisa – statistics for each city to SBCCOG for sharing with the group and use for grants
 - i. 65+ population
 - ii. 85+ population
 - iii. PVE 25% of pop is 65+; RH is similar city with ~25% of pop 65+; MB is 11% 65+
 - d. Grace – energy and water efficiency tips for seniors to be sent to each city for their newsletters and senior publications
 - e. All – invite others that might be interested:
 - i. Lisa to contact hospitals – Providence, Kaiser, Torrance Memorial, Harbor-UCLA
 - ii. PV Seniors
 - iii. LA County Supervisors representatives & Department of Aging
- IV. Meetings to be held on the 4th Tuesday every other month at 9:30am
- a. Next meeting is Tuesday, May 20th at 9:30am
 - b. ITN presentation
 - c. Future meeting topic: brainstorm re: housing issues for elderly – what’s available? Shared housing?
 - d. Resource table at each meeting for sharing